



A TURNING POINT
FOR WOMEN



**Urban Circle Training Centre Inc.
in Partnership with YWCA- Toronto
will be offering the**

***LIFE SKILLS COACH TRAINING
CERTIFICATE
COURSE - PHASE 2***

**Date: July 14 - 18, 2014
Time: 9:00am – 5:00pm
Location: 519 Selkirk Avenue
Cost: \$975.00**

**To secure one of the 15 seats please contact Sharon at
sslater@urbancircle-inc.com**

**or
(204) 589-4433 Ext. 2228**

Life Skills Coach Certificate© Phase 2 Training

Course Outline

Recommendations

Phase 2 is intended for experienced Life Skills coaches with 60 or more hours of experience as group leaders and facilitators. This program maintains the experiential learning tradition of Life Skills training but has a higher level of cognitive content requiring previous reading of the textbook *The New Dynamics of Life Skills Coaching* acquired in Phase 1.

Session 1 – Reconnecting: The Model and the Skills

- Identify learning expectations and compare them to the objectives of this program
- Differentiate Life Skills coaching from generic coaching, teaching, counselling and facilitating
- Review and recognize the fundamentals of Life Skills coaching learned in Phase 1
- Identify working agreements on how the group will function together for the week
- Self assess skills as a Balanced Self-Determined (BSD) person

Session 2 – Your Coaching Presence

- Identify and appreciate your unique coaching presence
- Review competencies and assess your Life Skills Coaching skills
- Identify skills to develop during the week and practice applying self awareness

Session 3 – Creativity in Lesson Design

- Understand how to enhance their creativity
- Use a creative process to design a Life Skills lesson
- Demonstrate the use of creativity in lesson design
- Have a solid understanding of the Life Skills lesson template

Session 4 – Group Dynamics in Life Skills

- Explore a variety of harmful and helpful group behaviours
- Identify the impact of unmet needs on group dynamics
- Identify Life Skills coaching skills to respond to challenging group behaviours
- Analyze and select appropriate tools, techniques, and interventions

Session 5 – Process and the Creative Problem Solving

- Differentiate between content and process in Life Skills groups
- Understand how process and the creative problem solving model work together as a system
- Practice applying the creative problem solving model in group interactions

Sessions 6-9 – Participant Presentations

- Preparation and presentation of Individual Coaching Profiles

Session 10

- Appreciate change and endings as a natural phase of individual growth
- Recognize how they can facilitate change and transitions for their clients
- Identify learning in this program and needs for further development

EARNING THE CERTIFICATE

Participants must complete the following requirements to be awarded a certificate:

- Participate in self-analysis and self-assessment of coaching skills
- Set and practice developmental goals to enhance coaching skills
- Develop and present their unique profile as a Life Skills Coach
- Attend the full week and complete work assignments (missing more than two classes requires participants to retake the program).



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REGISTRATION INFORMATION

Registrant Information

Title:	<input type="checkbox"/> Mr. <input type="checkbox"/> Ms. <input type="checkbox"/> Mrs.
First Name:	
Last Name:	
Preferred First Name for Nametag:	
Street Address:	
Suite/Apt:	
City:	
Province/State:	
Postal/Zip Code:	
Phone:	
Email:	

*Course confirmation will be e-mailed unless otherwise requested

Organization/Employer Information

Organization Name:	
Street Address:	
Suite/Apt:	
City:	
Province/State:	
Postal/Zip Code:	
Phone:	
Email:	
Website:	
Nature of business/Sector:	
Your job function:	
Is your employer sponsoring this training?	<input type="checkbox"/> yes <input type="checkbox"/> no
If yes, supervisor's name:	
Supervisor's position:	

When and where did you complete your Phase 1 Certification?

METHOD OF PAYMENT

Cheque (please include completed printed registration)

__ **Please make cheque payable to:** Urban Circle Training Centre Inc.

Purchase Order / Credit Card: To be made with **YWCA in Toronto**

__ **Your purchase Order number:**

Tax Receipts

All program fees over \$105.00 are tax deductible. A receipt will be issued at the registrant's request.

Cancellation and Refunds

- ❖ **There is a \$80.00 administrative fee for cancelling up to 2 weeks (10 working days) prior to the start date of your program.**
- ❖ **There is a charge of 25% of full course fee for cancelling less than 10 days prior to the start date of the event.**
- ❖ **There are no refunds for cancellation on, or after, the start date of your program.**
- ❖ **In the unlikely event that we cancel a course or workshop you will be notified 10 days prior to the start date.**

FOR LIFE SKILLS COACHES TRAINING APPLICANTS

Course requirements for Life Skills Coaches Training, Phase 1 and Phase 2

- ❖ **100 % full attendance**
- ❖ **Completion of a course assignment**
- ❖ **Some time is given during the program to work on this assignment; however you may need to spend some of your own time for this. Please adjust you schedule to allow for this possibility.**